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Convoy Airmen receive Bronze Star

Two Yokota NCOs cited for service during Operation Iraqi Freedom

By 1st Lt. Warren Comer
374th Airlift Wing Public Affairs

Two technical sergeants were awarded the Bronze Star medal Monday for meritorious service during deployments supporting Operation Iraqi Freedom.

Tech Sgts. Damian Cone and Michael Hullender, 374th Logistics Readiness Squadron, received their Bronze Stars from Col. Mark Schissler, 374th Airlift Wing commander, during a ceremony at the base's Enlisted Club.

The Bronze Star medal was authorized on February 4, 1944 and is awarded to a person in any

branch of the military service who, while serving in any capacity with the Armed Forces of the United States on or after December 7, 1941, performed heroic or meritorious achievement or service, not involving participation in aerial flight, in connection with military operations against an armed enemy.

Sergeant Cone distinguished himself as a 3rd Platoon Fire Team Leader, 2632nd Air Expeditionary Force Transportation Company. During his assignment, the sergeant played a key role in the successful training of more than 250 Airmen and was given the position of squad leader where he participated in many dangerous convoy missions throughout Iraq.

"The hardest part of being out there was worrying about your team," said Sergeant Cone. "You had to make sure you had the same amount of people roll into the gate as you rolled out with."

The sergeant said that he never felt scared during the convoys because once you left a safe zone, you'd be too busy

doing your job to be able to think about what could happen.

As the shop supervisor to the 1058th Air Expeditionary Force Transportation Company, Sergeant Hullender distinguished himself by leading a team of Airmen to ensure operational readiness of the unit's vehicle fleet. The sergeant also lent his expertise to helping more than 1,000 military contractor and third country national vehicles carrying much-needed coalition supplies through maintenance support as well as planning route security in one of the largest convoys ever to take place in Iraq.

"The most dangerous convoy I went out on was supposed to go into Kuwait, but ended up going into Baghdad," said Sergeant Hullender. "The insurgents had basically blown up all the bridges going in and out of Baghdad. For some reason we luckily, or unluckily, made it into Baghdad and insurgents were attacking us from every direction. That was perhaps the scariest episode I had because they were directly attacking us."



photo by Airman Javier Cruz

Tech. Sgt. Michael Hullender is presented the Bronze Star by 374th Airlift Wing commander Mark Schissler during a ceremony held here Monday. Tech. Sgt. Damian Cone, right, was also presented the award. The 374th Logistics Readiness Squadron Airmen received the award for performing convoy duties in Operation Iraqi Freedom. Lower right, Airmen keep watch during a convoy operation in Southwest Asia.

Sergeant Hullender said that he had told himself that it was his primary job to ensure his Airmen could conduct their primary job and keep them motivated enough to accomplish it without incident.

While feeling overwhelmed with the honor that was being bestowed upon them, both sergeants calmly shirked the accolades, remembering that their mission needed a team of Soldiers and Airmen who put

their lives on the line just as they did.

"They have sacrificed much and asked for no comfort; they served a people far from home, who could not help themselves," said Colonel Schissler.

"Damian and Michael represent the best we have in America: young men going into harms way repeatedly to make sure an important mission gets done; they held nothing back and asked for nothing in return."



courtesy photo

Kanto Plain, Misawa brace for typhoon exercise

Community encouraged to prepare for upcoming season

By 1st Lt. Robert Branham
374th Operations Support Squadron

The 374th Airlift Wing will participate in U.S. Forces-Japan-directed Exercise Typhoon Ready from Monday to April 15.

Exercise will test and evaluate the adequacy of Tropical Cyclone Condition of Readiness (TCCOR) warning and notification procedures.

It also serves as a review and an evaluation to the adequacy of TCCOR response checklists and implementation procedures, said USFJ officials.

The exercise increases public aware-

ness of tropical cyclone threats and lets the public know what the recommended preparatory measures are, said officials.

A fictitious typhoon named Ready3 will follow a scripted path to threaten all U.S. military installations in the Kanto Plain and Misawa.

During Exercise Typhoon Ready, the Commander's Access Channel (channel 13) will display the current TCCOR and the procedures in place to keep people safe.

The Commanders Access Channel will also have other vital information on how to prepare for the upcoming typhoon season.

During an actual typhoon, the current TCCOR and important precautionary measures necessary to keep life and property safe from the fury of the typhoon will be displayed on selected Armed Forces Network channels and the Commander's Access Channel.

"People need to be familiar with the locations of their assigned evacuation shelters and know how to get to them quickly," said Capt. Bruce Frost, the 374th Operations Support Squadron weather flight commander.

"This information is located in the Yokota Air Base Telephone Directory. They also need to stock up now on batteries, candles, water, and other essential items needed if their electricity gets knocked out," he said.

Typhoon season officially begins on May 15 and ends on Nov. 30.

The most serious threat to Yokota from a typhoon comes from flooding rather than high winds.

During the 2004 typhoon season, Typhoon Dianmu poured eight inches of rain within six hours. This caused many low-lying areas to become nearly impassable to vehicles.

In September 1966, Typhoon Ida pounded Yokota with 105 mile per hour winds, the highest ever recorded. The base suffered extensive damage. Roofs were torn off buildings, windows were smashed, and water and electrical lines were severed.

All typhoons can be tracked on the Joint Typhoon Warning Center website <http://www.npmoc.navy.mil/jtwc.html>.

(Second Lt. J. Alan Goddard of the 20th Operational Weather Squadron also contributed to this article)



photo by Master Sgt. Val Gempis

Taking a peek around

Senior Airman Giovani Bosch, left, and Airman Michael Womack, both C-130 crew chiefs from the 374th Maintenance Squadron's isochronal section here, inspect the chaff and flare dispenser of their aircraft during an annual check. Pacific Air Forces C-130 Hercules aircraft undergo a yearly inspection to ensure that the cargo fleet is in top condition. The base also has the only C-130 T-56 engine repair shop in PACAF, providing support to bases spanning half the globe. Yokota is the airlift hub of the western Pacific and boasts nearly a dozen C-130s, along with C-21 Learjets and UH-1N Hueys that are flown and maintained by the 459th Airlift Squadron.

Fire department: Spring cleaning helps eliminate hazards

Community advised to dispose of paint products, other combustibles

By Staff Sgt. Gary F.D. Nunley
374th Civil Engineer Squadron

With spring right around the corner, many people begin an annual ritual of spring cleaning. Spring cleaning also serves as a way of eliminating fire hazards.

Poor housekeeping increases fire hazards

in several ways. It provides more places for a fire to start, it creates greater amounts of combustibles making it easier for fire to spread, it could increase the potential for spontaneous ignition, and worst of all it could block a potential way for family members to escape a fire

Here are a few tips for spring cleaning:

✓ *Trash and other combustibles such as oily rags should be eliminated to reduce the chance of fire in the home.* If old rags are not stored they should be kept in a metal containers that are labeled and sealed. Flammable liquids such as varnish, paint thinners, paint remover, and certain cleaning fluids should be stored away and kept well away from both heat and children. Outdated and empty cans should be disposed of properly.

✓ *Remove electrical cords from underneath rugs, walls and behind radiators, also replace all damaged cords on electrical ap-*

pliances. Keep from overloading electrical outlets by using multiple plug outlets with surge protectors.

✓ *Inspect clothes dryer.* Clean the lint traps after every load of clothes and pay attention to exterior vents for lint buildup.

In addition to making base housing fire safe, keep safety in mind while moving heavy boxes by practicing proper lifting techniques, wearing gloves and goggles and removing all jewelry first.

For more information on fire safety, contact the fire prevention office at 225-9112.

PACAF welcomes new command chief: HICKAM AIR FORCE BASE, Hawaii – Chief Master Sergeant

Rodney J. McKinley took over as the Pacific Air Forces command chief this month. Chief McKinley replaces Master Sergeant David Popp, who left to be command chief for Air Component Command. As PACAF command chief, Chief McKinley serves as the principal consultant to the PACAF commander on all enlisted issues. His responsibilities include keeping the commander appraised of all matters concerning the health, morale and welfare of all assigned enlisted people; and, coordinating with headquarters staff agencies, commanders and senior enlisted personnel on matters of administration and implementation of command policy.

NEWS AROUND THE AIR FORCE & PACAF

For these stories and more, visit Air Force Link at www.af.mil

Air Force announces media contest winners: SAN ANTONIO (AFPN) – A panel of civilian journalists, teachers and public relations professionals selected the best in Air Force print and broadcast journalism for the 48th annual Air Force Media Contest. The winners were announced March 31.

– Radio Information Program: “Yokota Commander’s Corner,” from Det. 10 at Yokota AB, Japan.

– Local Television Newscast: “AFN Tokyo Today,” from Det. 10 at Yokota.

The winning entries from the media contest can be seen at www.afnews.af.mil/internal/mediacontest.

Women rising to higher levels in DOD, official says: ARLINGTON, Va. (AFPN) –

Women are rising to increasingly higher levels in the Defense Department, a DOD official said.

The nation’s security relies on the quality and commitment of people who serve in uniform and the civilian employees who support them, said Janet Hoffheins, deputy director of DOD Civilian Personnel Management Service’s, human resources automated systems.

“A large part of that workforce is, and will continue to be, composed of highly competent and dedicated women,” she said. “As we move forward into the 21st century, our challenge is to ensure that the department attracts and retains the best and brightest.”

AD

Services offers Spring Break fun

Youth invited to participate in activities including sports, crafts

By Airman 1st Class Katie Thomas
Editor

Spring is in the air again – and soon Yokota youth will be free to romp in the warm Tokyo weather.

Beginning Monday, hundreds of students will be released for Spring Break vacation.

Base organizations including the 374th Services Division,

are offering recreational activities and trips to base youth.

The Arts and Crafts Center is hosting a mixed media workshop. The workshop includes three-dimensional art, collage making and painting. It will be held Monday through April 15 from 9:30 to 11 a.m. for ages 8 to 10 years, and from 12:30 to 2 p.m. for youth age 11 to 15 years. For more information,

visit the Arts and Crafts Center or call 225-9044.

The center is also offering a rubber-stamping class for youth Thursday from 3 to 4:30 p.m.

The Par 3 is hosting a free youth golf clinic throughout the week. Interested participants should call the golf facility for more information.

The base library is offering a children's story hour Monday at 10:30 a.m. The event is free and open to the base community.

The base youth centers are hosting several trips and also offer numerous activities. The teen center is holding a movie

night Monday from 6 to 8 p.m., and opens its recording studio to teens Tuesday and April 15 from 4 to 7 p.m. The teen center can be reached at 225-6793.

The Officers' Club is hosting a "Spring Fling" children's night Tuesday from 5:30 to 8:30 p.m. The event includes food, fun and door prizes. "Spring Fling" is open to all ranks.

The Enlisted Club is holding "Music Night" at Kids' Klub Wednesday from 4:30 to 8 p.m. Children 12 years and younger eat free.

(Information compiled from 374th Services Division)

Civilian enterprise seeks Airman of Year nominees

SPRINGFIELD, Va. – The Military Times Service Members of the Year award program is being extended. Airmen now have until April 14 to nominate the Air Force Times Airman of the Year.

This recognition program will award and honor one person as the Air Force Times Airman of the Year. Senator Daniel K. Inouye of Hawaii will host the fifth annual ceremony on July 13.

The Air Force Times Airman of the Year award is designed to recognize a special Airman who has shown unusual or heretofore unrecognized honor, valor and dedication to

fellow Airmen and the community during 2004.

Nominations must include the nominator's name, address, commercial phone and e-mail address, along with the nominee's name, address, commercial phone number, current unit, commander's name, address and commercial phone number.

The nomination must include a written justification that describes why the nominee deserves the award. The justification can be no longer than 300 words and must include the names and contact information

for three people who can verify the nominee's achievements.

Nominees must be on Active Duty, Guard or Reserve through Aug. 31. Deadline for nominations is April 14th, 2005.

Nominations can be submitted at <http://www.airforcetimes.com/airman> or via e-mail airman@airforcetimes.com. Submissions can also be faxed to (703) 642-7325 or sent to the following address:

Air Force Times Airman of the Year Award, 6883 Commercial Drive, Springfield, VA, USA 22159.

(Courtesy of Air Force Times)

Fake sites scam airline customers

Community members should use caution when purchasing airline tickets online.

The following airline ticketing Internet Web sites have been identified to be scams:

www.BusySky.net

www.CheapClouds.com

www.CrazyTickets.net

www.SubmitPrice.net

These sites attract customers by undercutting airline ticket prices offered elsewhere. They capture credit card information including account number, expiration date, and CVV. The customer receives a message stating that the credit card transaction has been declined, followed by instructions to wire funds for payment of the tickets.

The scam is unique in that it creates a false perception of legitimacy by letting the customer select their fake site after performing a Web search. If successful, scam artists will have obtained the customer's credit card information, funds and deposit account information.

For more information, contact the local Air Force Office of Special Investigations at 225-7910.

(Courtesy of DoS Computer Incident Response Team and Air Force Office of Special Investigations)

AD

Prevention outweighs cure

Family Advocacy helps base manage stress, emotions

By Hugh Clark
Family Advocacy

How many times have you as a parent wondered what to do in a difficult situation?

Life is always presenting some type of dilemma.

During this Child Abuse Prevention month, Family Advocacy would like to offer seven steps to problem solving:

1. Identify the problem
2. Choose a desired outcome
3. Generate several

possible solutions for reaching the desired outcome

4. Anticipate the consequences of each solution

5. Choose the best solution

6. Make a plan to implement the solution, then implement

7. Evaluate the plan

Problem solving is an ingredient to being a healthy parent. Memorize the 7 Steps to Problem solving and use the steps the next time you or your child is faced with a difficult situation.

Parents should remember

that anger is a basic human emotion. Everyone has gotten angry at some point in life.

How we react to anger is crucial to us and our family. Effective anger management is an essential ingredient to being a healthy parent.

Some tips on dealing effectively handling anger are:

1. Therapeutic breathing (in through the nose, out through the mouth)
2. Counting backward
3. Take a time out
4. Think, think, think (about the consequences)

The above tips are diversion techniques which allow our bodies enough time to cool down physiologically so we may choose a reaction

that is not impulsive.

We at Family Advocacy would like you to remember that Child Abuse Prevention is not just one month but all the time, every day, every month, and every year.

A major component of your local Family Advocacy is the Prevention of Child Abuse and the Prevention of Domestic Violence.

We believe in the old saying "A penny of prevention is worth a pound of cure."

If Family Advocacy can help you become a more healthy parent, or if you have any questions please call 227-3648.

"Family Advocacy, it's a good time to come in now."

'Service above self' puts team first

By Lt. Col. Charles Eastman
36th Airlift Squadron

The first day of April this year was a grand day in the 36th Airlift Squadron. We promoted both a lieutenant colonel and a chief master sergeant.

The opportunity to host such a unique ceremony was a high honor for me and a reminder of how fortunate I am to be able to work with individuals of this caliber, together serving our nation in a distant land.

I know for me, this was the first time in more than 18 years in the Air Force to see such an esteemed pair promoted on the same day.

Over the course of this ceremony, and another promotion ceremony I attended later in the day, one of the promotees was discussing our Air Force core values. At one point he said, "Service above Self," as he discussed our profession and how we are distinguished from others.

I'm certain from many of the glances around the room, I was one of many in the audience who thought, "Obviously, he means Service before Self." It was not until later that evening I decided I liked the word "above" better than "before."

If you think about it, "above" truly does better illustrate the sacrifices we all make for the sake of our units, our Air Force and our great nation. "Service above Self" means placing the needs of the team over the needs

of any individual member.

As a commander, I make dozens of decisions every day that impact the lives of my personnel and the course of the unit as a whole.

One of the toughest challenges I have is to balance the needs of the unit with the wants and needs of the individual. I have often said, "I have to think about the team first and then the individual."

Normally if it is good for the individual, it is also good for the team. However, sometimes it is good for the individual but not so good for the team. On those few occasions, there has to be some additional compelling reason for me to side against the team. The Air Force cannot function effectively except as a team. For a team to work, the individual has to sometimes give up their own self-interests ... and yes, that includes commanders too.

You don't have to look far in today's military or even around our own base to find those who know this only too well. The ongoing Global War On Terrorism and other recent contingencies require huge amounts of assets. The most precious asset we invest is

our people, often gone from their families and friends for months at a time.

Many of us recently had the honor of deploying to Southeast Asia to provide relief to the survivors of the tsunami disaster. This is a perfect example of how our nation, our Air Force and our wing put Service above Self. It would have been much easier for us

to lean back and continue enjoying the Christmas holidays from the comfort of our homes here in Japan. Instead, we quickly deployed our forces 3,000 miles away and put our skills to work in helping the entire region recover from this epic tragedy. Why? Because it was the right thing to do.

Gen. Omar

Bradley once said many years ago, "The nation today needs men who think in terms of service to their country and not in terms of their country's debt to them."

President John F. Kennedy said, "Ask not what your country can do for you – ask what you can do for your country."

These are words of timeless quality. But so is "Service above Self" ... it's not just a job, it's a calling.

"... 'Above' truly does better illustrate the sacrifices we all make for the sake of our units, our Air Force and our great nation. 'Service above Self' means placing the needs of the team over the needs of any individual member."

Lt. Col. Charles Eastman
36th Airlift Squadron



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How to reach us

Editorial content is prepared by the 374th Airlift Wing Public Affairs Office, Bldg. 315, Yokota Air Base, Japan.

Phone: 225-8833

Fax: 225-4867

Mail to: 374 AW/PA, Unit 5078, APO AP 96326-5078 or send to: fuji.flyer@yokota.af.mil

Deadlines

The deadline for articles, briefs and classifieds is Wednesday the week before publication. For holidays, the deadline is one day earlier.

Editorial staff

Col. Mark Schissler

374th Airlift Wing commander

Capt. David Westover

Chief, Public Affairs

1st Lt. Warren Comer

Deputy Chief, Public Affairs

1st Lt. Ben Alumbaugh

Chief, Plans and Operations

Staff Sgt. Karen J. Tomasik

Chief, Internal Information

Airman 1st Class

Katie Thomas

Editor

Kaoru Corp. Design Office

Publisher

DUI Prevention

March 30 - April 5	1
Total DUIs in April	1
Total in 2005	4

Punishment

.049 or less = car parked for 12 hours
.05-.079 = 6 months walking
.081-.149 = 1 year walking
0.15 or greater = 2 years walking

*Don't
drink and drive.
Call 225-RIDE!*

Action Line

E-mail: action.lines@yokota.af.mil

The Action Line is your direct line to me. Use it if you have questions or comments about Yokota, which couldn't be resolved by your chain of command first. When you send an e-mail, please include your name and phone number so you can be reached if more information is needed.

Col. Mark Schissler
374th Airlift Wing Commander



Dental keep patients smiling

Lab creates dentures, bridges for community

By Master Sgt. Val Gempis
Air Force Print News

Dental laboratory Airmen are providing valued healthcare by designing, preparing and fabricating dental prostheses and oral appliances for Department of Defense personnel here in mainland Japan.

"Our mission is to improve our patient's oral health and appearance," said Maj. Andre Henriques, a prosthodontist and laboratory chief.

"We help people who've lost some or all of their natural teeth eat, talk and smile as well or better than they did before," he said.

Dental laboratory technicians work directly with dentists by following detailed written instructions and using impressions or molds of patients' teeth and oral soft tissues to create prostheses for people missing some or all of their teeth,

Major Henriques said.

Removable dentures and fixed bridges are made daily.

They also fabricate crowns, which are caps for teeth, designed to restore their original shade and shape.

The orthodontic appliances and splints they make help protect and straighten teeth.

Additionally, many technicians acquire skill in the use of sophisticated instruments and equipment to create replacements that are both aesthetic and functional.

"The duties of dental technicians are comprehensive and varied," said Tech. Sgt. Keith Kinmon, laboratory noncommissioned officer in charge.

"It's extremely delicate and time consuming work," he explained.

You must have the touch of an artist to be a good technician, squadron members said.

But skill and creativity aren't the only required traits. Efficiency is essential.

"Yokota is one of the busiest base-level dental laboratories in the Air Force," said Staff Sgt. Brian Dickinson, dental technician.

"We have a very diverse patient population here," the sergeant said.

While state-



photo by Master Sgt. Val Gempis

Maj. Andre Henriques, a prosthodontist from the 374th Dental Squadron, uses orascope glasses to examine an impression tray here. The mission of the squadron is to ensure maximum wartime readiness of Pacific Command personnel by providing timely, high-quality, comprehensive dental care for the active duty population and other eligible beneficiaries here. They deliver cost-effective, accessible dental care. The squadron also promotes healthy lifestyles through preventive dental services and education. Airmen also deploy along with medical and dental resources for contingency operations worldwide.

side dental clinics mainly handle active-duty patients, here at Yokota, family members, embassy personnel and retirees are also seen in the base clinic.

Some of the prosthodontic cases at Yokota are very complicated and require in-depth diagnosis and treatment.

Moreover, the technicians have to manufacture everything here because this dental clinic doesn't refer patients to off-base facilities.

The volume of work surprised many of the veteran Airmen here.

"We've experienced the whole spectrum of dentistry here," said

Sergeant Dickinson. "We've been exposed to everything that can be thrown at us and more."

Major Henriques added that Yokota is

one of the best assignments for a dental laboratory technician to

gain experience in all areas.

"This is a great place to

"Yokota is one of the busiest base-level dental laboratories in the Air Force. We've experienced the whole spectrum of dentistry here."

Staff Sgt. Brian Dickinson
374th Dental Squadron

learn. Although the work is fast-paced, we focus on quality not quantity," he added.

In 2004, the 374th Dental Clinic Laboratory produced

over \$310,000 dollars worth of dental prostheses.



photo by Master Sgt. Val Gempis

Tech. Sgt. Keith Kinmon, a dental laboratory technician from the 374th Dental Squadron, uses a trimmer to form a cast here. He said the work the lab does requires skill and time to accomplish. The lab created \$310,000 worth of dental prostheses in 2004.

AD

Off base

April 23-24: The 30th Annual Noge Street Performers' Festival will be held near Minato-Mirai. The area can be reached by taking the JR Keihin Kyuko Line to Hinode-cho Station. For more information, call 042-262-1234.

April 29 through May 1: The music festival "La Folle Journee au Japon" will be held at the Tokyo International Forum from 9 a.m. to 11 p.m. daily. The festival will feature classical music. It is a one-minute walk from Yurakucho station on the Yamanote Line. For more information, visit http://www.t-i-forum.co.jp/lffj_e/about/index.htm.

For more information about these events, call 225-7020.

On base

Movies

Today – *Boogeyman*, PG-13, 7 p.m., *Miss Congeniality 2*, PG-13, 9:30 p.m.

Saturday – *Disney's Pooh*, G, 2 p.m., *Are We There Yet?*, PG, 7 p.m., *Miss Congeniality 2*, PG-13, 9:30 p.m. (adults-only show)

Sunday – *Disney's Pooh*, G, 2 p.m., *Boogeyman*, PG-13, 7 p.m.

Monday – *Boogeyman*, PG-13, 7 p.m.

Tuesday – *Are We There Yet?*, PG, 7 p.m.

Wednesday – *Miss Congeniality 2*, PG-13, 7 p.m.

Thursday – *Miss Congeniality 2*, PG-13, 7 p.m.

All movies and showtimes are subject to change without notice. For more information, call 225-8708.

Education

The University of Phoenix is beginning classes in business and education April 21. Community

members can sign up for classes beginning April 15. For more information, call 225-2496.

The University of Oklahoma is offering an on-site graduate program with ongoing registration 30 days prior to each class session. Classes are only one week long. For more information about classes, call 225-3869.

Road taxes

Road taxes will be collected Monday through April 15 at the Yujo Recreation Center from 9:30 to 11:30 a.m. and 1 to 3 p.m. Minicars and motorcycles can only register Monday and Tuesday. Taxes must be paid in yen and all proper documentation must be shown. For more information, call 225-8932.

Closure

The Auto Skills Center contract auto detailer will be closed until April 23. Tint installation will be available during the closure. For more information, call 225-6898.

Shrine sale

The Services Division is hosting a shrine sale at the Yujo Recreation Center April 9 from 9 a.m. to 3 p.m.

Scholarships

The Yokota Enlisted Spouses Club is accepting applications for its college scholarships. Eligible high school seniors graduating this year may apply. Applications are available at Yokota High School or can be sent via e-mail. The deadline for applications is April 29. For more information, e-mail debichick@yahoo.com.

The Honshu chapter of the National Defense Transportation Association is awarding scholarships worth \$250 to \$1,000 to mainland Japan high school students. Stu-

dents should contact their school counselor for more information or to pick up a package. The deadline for submission is May 13.

AFN Spectrum change

The American Forces Network will include WWE programming beginning today. Specific shows include Wrestlemania 21, WWE RAW!, and WWE Smackdown on AFN Spectrum. For more information, visit <http://www.myafn.net>.

Culture Day

Airmen and their families are invited to learn about Japanese culture April 29 beginning at 10 a.m. in Hangar 15. The event includes several performances, food booths and interactive demonstrations. To volunteer to help with the event, call 225-2192.

Bazaars

The Yokota Enlisted Spouses Club* is hosting a spring bazaar at the Yokota Middle School gym April 16 from 10 a.m. to 6 p.m. and April 17 from 10 a.m. to 4 p.m. The sale features Asian jewelry, clothing, crafts and more. For more information, call 227-3318.

The Yokota Officers' Spouses Club* is hosting a spring Asian bazaar May 7 and 8 in Hangar 15. The club is seeking volunteers to help set up and tear down, assist vendors with sales and customers and to donate refreshments for vendors. For more information or to volunteer to help, e-mail YOSCBazaarVolunteer@yahoo.com.

Elections

The Yokota Middle School Parent-Teacher Organization* is taking nominations for its officers for the upcoming year. Nominations must be turned in by April 22. For more information, call 225-9671.

Workshops

A parent and adolescent communication workshop is scheduled for Monday from 12:30 to 2 p.m. at the Enlisted Club. The workshop

Samurai Warrior



of the Week



Staff Sgt. Andrew Yates

Staff Sgt. Andrew Yates, 374th Services Division, is this week's Samurai Warrior of the Week for exhibiting the Bushido qualities of sincerity and respect for one's word of honor, courage, and self-control.

Sergeant Yates is the noncommissioned officer in charge of intramural and varsity sports program here. He orchestrated the 374th Airlift Wing Sports Day in which more than 3,000 Samurai and Kensei warriors participated. He flawlessly organized and coordinated the sports events, team brackets, awards, entertainment and refreshments. He lives and breathes the Air Force core values.

is free and open to the base community. The workshop includes a pay-as-you-go lunch. For more information, call 225-3648.

Youth tours

The youth centers are offering tours around Japan in April including trips to Tokyo Disney Land, Fujikyu Highland and Shinrin Nature Park. Children age 9 to 11 and age 13 to 18 can sign up at the West Youth Center or Teen Center. For more information, call 225-2995.

Tax season

The Yokota Tax Center is open in Tower 3002 in the west housing area. The center will be open Mondays through Thursdays from 9 a.m. to 3 p.m. For more information, call 225-4926.

Correction

The article "New fee added to vehicle registration, junking by GOJ" in the March 18 edition of the *Fuji Flyer* cited that the fee was paid each time a vehicle renews Japanese Compulsory Insurance. The fee is actually paid only once in the lifetime of the vehicle.

Chapel Schedule

Traditional (West) Chapel

Catholic: Reconciliation, Sundays at 8:45 a.m., 4:45 p.m. and by appointment. Mass, Sundays at 9:15 a.m., 5 p.m.; Mondays through Thursdays, 11:30 a.m.

Protestant: Traditional service, Sundays at 11 a.m.; Liturgical service Sundays at 6:30 p.m.; Korean service, Sundays at 2 p.m.

Other faiths: Baha'i, Tuesdays at 7 p.m.

Contemporary (East) Chapel

Protestant: Gospel service, Sundays at 11 a.m.; Contemporary service, Sundays at 5 p.m.

Other faiths: Seventh Day Adventist, second and fourth Saturdays of the month at 9 a.m.; Islam, Fridays at noon.

For more information on the chapel schedule, call 225-7009.

PO disclaimer

An asterisk (*) denotes a private organization. All POs and PO activities are not endorsed by or affiliated with the U.S. Government, the Department of Defense, or the Department of the Air Force.

Did you know?

Community members can view current 374th Services Division job opportunities at http://www.yokotaservices.org/015HRO_files/masterjoblisting.htm.

AD

“Quotes” & Things

“It’s a lot tougher to get up in the mornings when you start wearing silk pajamas.”

Eddie Arcaro

Special Olympics: The 2005 Kanto Plains Special Olympics will be held at Bonk Field May 6 to 8. Volunteers are needed to help set and tear down the event, serve as translators, huggers, greeters, event timers and also input event data. To volunteer or for more information, call 225-8383 or e-mail maribel.harmon@yokota.af.mil.

Golf: Tama Hills is hosting a golf school every Wednesday through May 11. The cost is \$180 for SOFA-status personnel and \$270 for Japanese Nationals. The cost includes six days of lessons from professional golfers. For more information or to sign up, call 224-3426 or visit the Tama Hills Pro Shop.

Volleyball: The base volleyball varsity team is holding tryouts Sunday from noon to 3 p.m. at the Yokota High School gym for both mens’ and womens’ teams. For more information, call 225-6133.

Outdoor Rec: The base outdoor recreation center is sponsoring the following trips: indoor rock climbing at Stone Magic Wednesday from noon to 5:30 p.m.; trout fishing at Fish-on Shishidome April 15 from 6 a.m. to 4 p.m. For more information, call 225-4552.

Youth clinic: The Par 3 is hosting a free golf fundamentals workshop for youth age 6 to 17 Monday and Wednesday through April 15 from 9 to 11 a.m. For more information or to sign up, call the Par 3 at 225-8815.

Tips put running injuries ‘in dust’

Slow increases in mileage, intensity prevent setbacks

By Cliff Franz
Health And Wellness Center

There is no denying the cardiovascular benefit of running on a regular basis.

However, pounding the pavement (or any other surface) carries a higher inherent risk for injury than other non-weight-bearing forms of aerobic training.

Care needs to be taken when planning the frequency, intensity, and duration of your runs.

The following ten rules will greatly reduce a runner's likelihood of suffering from common overuse injuries.

1. Gradually increase mileage. A sudden increase in mileage is the leading cause of overuse injuries. A good rule of thumb is to increase weekly mileage by no more than 10 to 15 percent. Get accustomed to

the extra miles for one to two weeks before increasing again.

2. Gradually increase intensity. Running at a faster pace results in stronger forces being applied to the muscles, connective tissue, and skeletal structure. Try to shave 10 seconds off your mile pace every few weeks, not full minutes.

3. Add mileage before speed. Get comfortable running every other day for 30-45 minutes before worrying about adding speed work. Frequent running will prepare your legs for the increased intensity of interval running.

4. Mix hard runs with easy or rest days. Hard or long runs require more recovery time than average runs due to increased inflammation in the muscles. Beginners should alternate runs with off days; more advanced runners can handle easy runs the

day after a tough workout.

5. Pay attention to early warning signs. It's common for beginning runners or those who have recently stepped up their training to experience general aches and pains as the body adjusts to its new demands. Sharp, localized pain that does not diminish after one or two days, however, is reason for concern. Rest a few extra days or cross train, but consult your physician if the problem persists.

6. Wear proper footwear. Not all shoes are created for every foot type. Consider your type of arch and footfall tendency when selecting running shoes. (The Physical Therapy department can help – call 225-7577 to schedule an appointment.) Don't forget to keep track of your shoe mileage; replace every 300 to 500 miles or every six months, whichever comes first.

7. Cross train. Periodically mixing in alternate forms of aerobic training such as aqua jogging or cycling is a great way to reduce the repetitive forces associated with running. It's the perfect way to keep

up your cardio if you are already running as many miles as you like.

8. Be proactive – increase your flexibility and strength. Strong muscles capable of a full range of motion are least susceptible to injury. Commit to post-run stretches for the hamstrings, quadriceps, calves and lower back. Remember to do strength training exercises for the major muscle groups two to three times per week.

9. Vary your running path. Consistently running the same route, especially along the roads, increases your chances for injury. Roads are commonly slanted or cambered, which raises one leg slightly higher than the other. Seek out softer trails and flat dirt paths that gradually keep your feet guessing (Yes, this means venturing off-base from time to time).

10. Eat and drink well. What you consume plays a major role in your running health. Ensure you take in enough protein for muscle repair, calcium for strong bones, and water to prevent heat stress, especially as the weather begins to warm.

Stingrays show-up competition at meet

Base youth win several events, qualify for olympics

By Matt Arant
Yokota Stingrays swim team coach

The Yokota Stingray swim team recently traveled to Camp Zama for the annual Department of Defense invitational swim meet.

Shari Moss and Sarah Arant won every event they competed in with Moss starting off the day with a quick win in her 100-meter individual medley race, barely edging out teammate Jessie Luiken, who placed second.

Twelve-year-old Jody Hasebe dominated

the competition in her 200-meter freestyle, winning with a time of 2:49.56, qualifying her for next year's Junior Olympics in that event. Hiroto Herman took home a gold medal, winning the 25-meter freestyle. Ben Stambaugh had a great day winning the 25-meter backstroke, taking second in the 25-meter freestyle and teaming up with Nathan Elbert, Matthew Blair and Paul Ritschard to take 3rd place in the 200-meter freestyle relay.

Jessie Luiken had another strong meet, winning the 50-meter backstroke, placing second in the 100-meter individual medley, second in the 100-meter freestyle and second in the 50-meter freestyle. Jordan Park started off with a fourth place in the 100-meter individual medley, second in the 50-meter breaststroke, and winning the 100-meter breaststroke. Maya Owens had an impressive second place in the 50-meter backstroke, followed closely by Tallie Elbert, Camryn Sorg and Brea Rogers.

Six-year-old Ethan Amis kicked his way to a pair of third place finishes and bringing home medals for the 25-meter freestyle and the 25-meter backstroke. Mattie Park swam strong with a win in the 25-meter backstroke, third place in the 25-meter freestyle and second in the 25-meter butterfly. Caitlin Amis swam strong in the 50-meter freestyles taking third.

The Stingrays put together unbeatable relay teams. Liz Bell, Jessi Arant, Sarah and Camryn Sorg teamed up to take wins in both the medley and freestyle relays with Shari Moss, Jody Hasebe, Maya Owens and Jessie Luiken destroying the competition in both of their relay races as well Matthew Blair won the 100-meter freestyle, earning a qualifying time in the process. Stuart Elbert swam to a second place finish in the 100-meter individual medley, a fifth in the 50-meter freestyle and a sixth place in the 100-meter freestyle.

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